

# My Birth Plan

(For a normal, full-term delivery)

## My plan is to:

1. have my labor start and stop without drugs, unless medically required.
2. have my chosen support people stay with me
3. drink clear liquids and eat light foods during early labor
4. move, change positions, take a shower, have a massage and walk, as much as possible during labor.
5. have a Heparin Lock versus a continuous drip IV for quick access in case of an emergency
6. hold my baby skin to skin immediately after birth
7. have my baby's tests performed while in contact with me so my baby is not taken from me until after he/she has breastfed.
8. have 24 hour rooming in.
9. receive help and education to breastfeed successfully.
10. have my baby brought to me if for some reason he/she is not in my room and is giving hunger cues, such as sucking hands or making sucking sounds, moving the head towards a person or, in very sleepy babies, eye movements under the eyelids – before he/she is crying.
11. get an appointment for a health checkup for my baby upon discharge and be given the names of helpers, in case I need help with breastfeeding.
12. be given instruction on the use of an electric breast pump if my baby is unable to breastfeed or is separated from me due to a medical condition within 6 hours after delivery.

## I specifically do not want:

- a. my bag of waters broken, or to have an episiotomy or other surgery done unless medically necessary.
- b. my baby given a pacifier, bottles, water or formula without my consent and the medical order of his/her doctor.

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*(Signature of the patient)*

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*(date signed)*

*Copies for MD, Hospital, Clinic and patient.*